

12-18 Months Before

- ☐ Start researching potential destinations and specialties
 - ☐ Read your medical school's elective handbook
 - ☐ Attend medical school elective information sessions
 - ☐ Speak to past students about their elective experiences
 - ☐ Define your learning objectives (clinical, cultural, professional)
 - ☐ Start saving - open dedicated elective savings account
 - ☐ Research grant and funding opportunities
 - ☐ Decide on a country
 - ☐ Decide on a speciality
-

9-12 Months Before

- ☐ Finalise destination and specialty focus
 - ☐ Contact host institutions or elective organizations
 - ☐ Request application forms and requirements lists
 - ☐ Submit medical school elective proposal form Request
 - ☐ academic references from tutors Apply for DBS check if
 - ☐ required (can take 8-12 weeks) Begin grant applications
 - ☐ (many have early deadlines) Draft personal statement
 - ☐ and CV for applications Research visa requirements
 - ☐ and processing times Check passport expiry (needs 6+
 - ☐ months validity) Apply to host institutions/hospitals
 - ☐
-

6-9 Months Before

- ☐ Receive acceptance letter from host institution
 - ☐ Get medical school approval for your elective
 - ☐ Apply for visa/work permit
 - ☐ Book flights (typically best pricing window)
 - ☐ Research and book accommodation
 - ☐ Join MDU/MPS for medical indemnity insurance
 - ☐ Purchase travel insurance with medical cover
 - ☐ Book travel health consultation appointment
 - ☐ Begin vaccination schedule (some need multiple doses)
 - ☐ Compile required documentation (copies of everything)
-

3-6 Months Before

- ☐ Complete all vaccinations and keep records
 - ☐ Obtain antimalarials prescription if needed
 - ☐ Receive visa/work permit
 - ☐ Confirm accommodation booking
 - ☐ Purchase any required medical equipment
 - ☐ Inform bank of travel dates to avoid card blocks
 - ☐ Set up international banking/travel money card
 - ☐ Research local SIM cards or international phone plans
 - ☐ Read about local culture, customs, and basic language phrases
 - ☐ Follow up on any pending grant applications
-

1-3 Months Before

- ☐ Photocopy all important documents (passport, visa, insurance)
 - ☐ Upload document copies to secure cloud storage
 - ☐ Purchase any remaining items (clothing, toiletries, adapters)
 - ☐ Confirm flight details
 - ☐ Reconfirm accommodation booking
 - ☐ Contact host institution to confirm start date and logistics
 - ☐ Get any repeat prescriptions collected
 - ☐ Purchase first aid kit and any specific medical supplies
 - ☐ Arrange airport transfers/transport at destination
 - ☐ Share detailed itinerary with family/friends
 - ☐ Research local transport options and costs
-

2-4 Months Before

- ☐ Final check: passport, visa, all documents printed and digital
- ☐ Print insurance policy documents and emergency numbers
- ☐ Print host institution contact details and address
- ☐ Check baggage allowance and restrictions
- ☐ Pack suitcase (see packing list)
- ☐ Ensure all electronics are charged and working
- ☐ Purchase local currency or arrange exchange
- ☐ Download offline maps and translation apps
- ☐ Final reconfirmation with host institution
- ☐ Inform medical school of final travel plans

- ☐ Check FCO travel advice for your destination
-

Week Before

- ☐ Print boarding passes
 - ☐ Weigh luggage to check within limits
 - ☐ Pack carry-on with essentials and one change of clothes
 - ☐ Inform landlord/flatmates of departure
 - ☐ Final check of all medications and supplies
 - ☐ Share emergency contact numbers with family
 - ☐ Double-check flight times and departure terminal
 - ☐ Charge all devices fully
 - ☐ Pack adapter plugs and power banks
-

Essential Documents Checklist

- ☐ Passport (valid 6+ months beyond return)
 - ☐ Visa/work permit Medical school acceptance letter Host institution acceptance letter Medical indemnity insurance certificate Travel insurance policy and emergency numbers
 - ☐ Vaccination certificates (including Yellow Fever if applicable)
 - ☐ DBS/police check Academic references CV and personal statement Proof of student status EHIC/GHIC card (if applicable) Prescription copies for medications Emergency contact list Flight confirmations Accommodation confirmation
 - ☐ Local embassy contact details
 - ☐
 - ☐
 - ☐
 - ☐
 - ☐
 - ☐
 - ☐
-

Packing List - Medical/ Professional

- ☐ Stethoscope

- ☐ Pen torch
 - ☐ Name badge/hospital ID from home (for credibility)
 - ☐ Professional clothing (smart trousers/skirts, shirts)
 - ☐ Comfortable closed-toe shoes for wards
 - ☐ Scrubs (if allowed and needed)
 - ☐ Watch with second hand
 - ☐ Small notebook and pens
 - ☐ Clinical handbook/app (Oxford Handbook, etc.)
 - ☐ Hand sanitiser
 - ☐ Laptop/tablet for learning and documentation
 - ☐ Phone and charger
 - ☐ Power bank
 - ☐ Universal adapter plugs
 - ☐ Camera (if separate from phone)
-

Packing List - Personal

- ☐ Antimalarials (if required) - full course
- ☐ Personal medications with prescription copies
- ☐ Insect repellent (DEET 50%)
- ☐ Sunscreen SPF 50+
- ☐ Mosquito net (if needed)
- ☐ Water purification tablets or LifeStraw
- ☐ Basic first aid supplies (plasters, painkillers, antihistamines)
- ☐ Diarrhoea treatment (loperamide, rehydration salts)
- ☐ Appropriate clothing (modest if required)
- ☐ Comfortable casual clothes
- ☐ Rain jacket/layers
- ☐ Toiletries
- ☐ Nail Clippers
- ☐ Towel (quick-dry travel towel)
- ☐ Flip-flops for showers
- ☐ Padlock for lockers
- ☐ Copies of all documents in separate bag
- ☐ Small gifts for the host